

**ABSTRACT OF THE DISCLOSURE**

A vibration dampening device includes a strap or band wrapped around a human body part. The strap includes one or more wing sections, either integrally formed or engaged thereto, that extend beyond the nominal width of the strap and have freedom of movement with respect to the strap. The distal ends of step members engaged to the strap may form wing sections. Wing section movement counteracts longitudinal vibrations traveling through soft tissue and musculature to dampen such vibrations. Optionally, a tension limiter may be provided to help maintain wrapping tension at or below a desired level, such as 3 pounds-force or below, which applied at a strap area of 0.093 square inches is about 32 psi.